



Hello Friends,

Warm greetings from SunShine Foundation!

Last few months have been really hectic at SunShine Foundation as we were busy celebrating our festivals of peace prosperity and light. It was indeed a festive mood every single day at SunShine and we expect to keep the mood all the way to the New Year. Our children were all busy to find ways of not only wishing our donors and friends but also to thank them with their little handmade gifts...well for the Diwali season it was definitely the hand made diyas embedded with colorful stones and pearls. These beautifully handmade diyas were dispatched well in advance before the Diwali along with the Diwali Wishes.

Our children are all geared up for their second terms and are busy getting back to school. SunShine team is busy updating the administrative reports and reviewing their curriculums. Amidst all these we bring to you the activities and the programs held during the month of October, November and December. Please read through and give your suggestions.

ART AND CRAFT

We have our art and craft sessions every Sunday at Sunshine and all our other center. Art and craft activities give kids a sense of achievement and allow them to take pride in their work which builds confidence. Kids get to try new things and also develop their personality. This helps them develop patience, which all kids need help with.



DAILY FREE TUITION

We have a large number of students attending daily tuition classes. Teachers are responsible for dividing their attention amongst all their pupils. They have to keep students motivated and interested, and ensure that topics are taught within a certain timeframe, so as to effectively cover all bases. At Sunshine, students can benefit from one-on-one attention and personalized lesson plans that address weaker subject areas.



NAVRATRI EVENT SHIVAJI MAHARAJ DRAMA

"Maharaj" a mime presented by Sunshine Foundation on the life of Shivaji Bhonsle, the Indian Warrior King known for being a great general, a brilliant strategist and renowned exponent of the guerrilla Warfare. The Sunshine Foundation children performed under the guidance of Swati Banerjee (President Sunshine Foundation) and Prafull Mategaonkar (play director). The children worked hard and put up a grand show .Shivaji Maharaja was enacted by Rohit Temburne from Sunshine Foundation. It was a part of the Durga Mandal Utsav. Sunshine Foundation is an NGO that works on the physical, mental and social development of underprivileged children .It also gives them exposure to become confident, creative, develop social awareness and teaches them to express themselves.



GARBAGE MANAGEMENT

The most important reason for garbage management is to protect the environment and for the health and safety of the population. Certain types of waste can be hazardous and can pollute the environment. Bad waste management practices can also cause land and air pollution which can result in serious medical conditions in humans and animals. Implementing good waste management practices not only helps to protect the environment but can be beneficial to one's good health. The difference between red, green and blue dustbin. Red Dustbin: This dustbin is for rubbish that can be recycled or is not degradable for example household rubbish example soft plastic, shoppers and etc. Green Dustbin: This dustbin is for the purpose of recyclable material. For example hard plastic. Blue Dustbin: This kind of dustbin is for the purpose of degradable material and dry garbage. This session was very helpful and gave knowledge to our children and their parents. This is how Sunshine every year celebrates Gandhi Jayanti by spreading the message of cleanliness.



SKIN CAMP WITH GENERAL MEDICAL HEALTH CAMP

Regular child checkups are an important part of keeping children healthy. At Sunshine Foundation, we make sure that all our kids are checked and are in good form physically and mentally. Sunshine Foundation in association with Dr Asra Khumushi from Courium Skin Clinic, Dr Priti Gangre from Aureus Hospital and the Rotary Elite organized a health camp for our beneficiaries and their parents. Sunshine Foundation does regular health checks and also provides the treatment required.



DIWALI CELEBRATION

Sunshine Foundation ensured that our kids felt the joy of Diwali. It also gave them some hope and respite from their lives and motivated them to look forward to a better year. We thank W& G for gifting our kids with brand new clothes. We also sensitize our kids towards the elderly, especially the ones who are abandoned. Therefore our mentors (senior children) also celebrated the festival with elderly inmates from the Mure Memorial Old Age Home with card making, diya painting, rangolis, housie and food. The elderly people were very happy and participated with great enthusiasm.



DIWALI CARDS AND DIYA MAKING

Our donors help us to improve every day, that's why we make small token of love from Sunshine Foundation. It is made by our children and staff which we gift our supporters on festivals.



GANESH CHATURTHI LUNCH

Sunshine Foundation celebrates all the festivals. Priya ma'am, our yoga teacher, invited us for a Ganesh Chaturthi lunch at her house. Our kids also made Ganesha's in their art class out of paper and rangoli.



YOGA SESSION

We take regular session for kids to improve their immunity power with Priya Ma'am. The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind, it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move. Yoga asana build strength, flexibility and confidence. Regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle. Our kids enjoy and benefit from these regular yoga classes.



COUNSELLING SESSION



The students of Sunshine Foundation had the opportunity of taking part in a one day Career Guidance Program at Sunshine Foundation. Ms. Radhika spoke to the students of the upcoming difficulties that lie ahead after they pass out from schools. The students were informed about the importance of setting up personal goals in life and how it helps make their vision for the future, clearer.

FOOTBALL SESSION

Football is a very active and loveable activity for all our kids. We take session for girls and boys separately. Boys are very active in playing but the girls are little shy. We take football sessions as playful and learning activity. Here in this month we start teaching those basic rules and regulations how to carefully play football in the playground. We need proper shoes and football kit for our kids so they can be protected from harmful things and not get wounds. Through our session we also give them general knowledge or educational message which is out of class learning for them and they tend to remember better.

CHILDREN'S DAY CELEBRATION

A - Fancy Dress Competition

Children's Day was celebrated at SunShine Foundation with lots of happiness and enthusiasm. Celebrations began with a small song conducted by teachers. It was followed by a fancy dress competition. The purpose of conducting the competition was not only to blend learning with fun but also to develop confidence in the students by giving them the opportunity to get on the stage and speak in front of the audience. The competition proved to be a great learning experience for the students and gave them a platform to explore their hidden talents. Yamini Tandi judged the competition with our senior kids. The winners of the competition were -

1. Manasvi (Rani Laxmi Bai)
2. Team Angel Siya, Yerusha and Muskan (Three Angels)
3. Vansh (Krishna)
4. Ruhanshi (Sakkuu Bai)

B - Magic Show

Sunshine Foundation planned something special for kids which they enjoyed. We decided to have Magic show in all our centers for celebrating Children's Day. A magician was invited to perform and his show was amazing. He involved everyone in his magic tricks. He started his first trick where he cut down color papers with the help of three kids and then took it out of his mouth in the

form of a string. Then he took a flower decoration and made it into 2 pieces and fixed it together again. After that, he asked his assistant to sit on his basket. Then he covered it with a piece of cloth. He then recited some magic charms. When the cloth was removed, there was nothing in the basket. He buried a mango seed in a flowerpot and covered it with cloth. When he lifted the cloth a few seconds later, a mango plant with ripe, yellow mango was seen. There were plenty of engaging tricks that he performed one after the other. There was a trick that caught everyone's eyes when he took out a Rabbit and Bird with his magic trick. Children were very excited. All present children and staff members greatly enjoyed the show and the response was also a generous one. Vote of thanks was proposed by Jenis. Children's day was celebrated at all our centers. Our kids were gifted school bags and paint boxes. It was a delightful day for every kid at Sunshine.



JUMPS EVENT

Tuesday 3rd December, we went to a very energetic and wonderful party picnic at Jumps. Our kids were invited. It is a play zone for small children. Socks are compulsory for soft play. When children pretend, they try on new feelings, roles and ideas. They stretch their minds along with their imagination. It has been fascinating watching the kids in Jumps pretend salon. Watching how they find a million things to do with what we look at as a mere single prop at times, watching the look on the face of a kid pretending to be a pampered client, watching kids take turns to play roles, and most enlightening to watch just how deeply they can immerse themselves in something so simple. Our kids who were happy to have fun times with Jumps. The team was very impressed by our children's good behavior.



DANCE SESSION

Our kids love dance. Every Saturday we have little dance session for our kids. We play the songs which kids like the most and it is a very happy session for all. Which we also gift our supporters to appreciate their contribution.



MUSIC SESSION

Music is an important part of our life as it is a way of expressing our feelings as well as emotions. Some people consider music as a way to escape from the pain of life. It gives you relief and allows you to reduce the stress. Our Music teacher Suraj Meshram teaches beautiful songs to our kids. This session is loved by all our small children.



CONSTITUTION DAY



Constitution Day (National Law Day), also known as Samvidhan Divas, is celebrated in India on 26th November every year to commemorate the adoption of the Constitution of India. On 26th November 1949, the Constituent Assembly of India adopted the Constitution of India, and it came into effect on 26 January 1950. Constitution Day is not a public holiday. Various departments of the Government of India celebrated the first Constitution day. As per the Department of Education and Literacy, the Preamble of the Constitution was read in all schools by all students. In Sunshine Foundation there was a lecture on salient features of the constitution and children repeated the constitution after our teacher Jenis Markas.

WORLD AIDS DAY

World Aids Day was celebrated at Sunshine Foundation. An awareness session was organized on HIV/AIDS for all our mature children who can understand the problem and their solutions. The day is an opportunity for us to spread awareness about the status of the disease and encourage progress in HIV/AIDS prevention, treatment and care around the world. It has become one of the most widely recognized international health days and a key opportunity to raise awareness, commemorate those who have died, and celebrate victories such as increased access to treatment and prevention services.



CHRISTMAS CELEBRATIONS

Christmas – It is a time to spend with family. It is helping underprivileged people enjoy Christmas. It is the time to reflect on what's truly important in life. It means to share love and help other people. It is about showing gratitude and compassion. It is the time to make others happy.

The celebration took place in the Sunshine hall on 22nd Dec. The students decorated the hall with red and white balloons and flowers. The Christmas tree was decorated with lighting and toys in one corner of the hall with Merry Christmas tags. Our music teacher Suraj Meshram presented beautiful Carols with our kids. He also gave us wishes for The Christmas season and the upcoming New Year. Our Sunshine staff went to the stage and wished the children Merry Christmas. There were songs and dances related to Christmas. Everybody enjoyed each and every item. Then our little angels sang their self-written English poem on Christmas. The poem contained the message of love and unity and a wish for Christmas and New Year. We also liked the lyrics of the poem. At the end of the cultural program, all the students were allowed to dance. There was also arrangement of food and we enjoyed delicious Christmas food. There was also a surprise element towards the end of the function. All our children got new sweaters and cake. We all enjoyed the day very much.



DAILY NUTRITION

Good Nutrition for our kids is very important it sets the tone and patterns for lifelong health and wellness. A well-balanced diet allow the kids to reach his/her full growth potential, perform well in school and maintain their energy level. Therefore Sunshine gives milk daily with protein powder to our 60 children and on Sunday we provide proper nutritious food like soya pulao daal and rice.



A. Every day Banana Distribution

We distribute bananas every day to our children. Banana is the only fruit which is liked by every kid. Bananas are rich in potassium and fiber. They help prevent asthma, cancer, high blood pressure, diabetes, cardiovascular disease, and digestive problems. Therefore we make sure our children get this wonderful fruit every day.



B. Multivitamins Distribution

The first week of every month children are distributed multi-vitamins doses for the month for their overall health benefits. The Sunshine staff coordinates with their parents regarding their health.



COUNSELLING SESSION



Sunshine Foundation gives monthly counselling session for all the centers taken by Miss. Yamini Tandi. The mission of the Sunshine Foundation is to enhance student success and promote a safe and healthy academic environment by attending to the psychological, emotional, and developmental wellbeing of students. We encourage personal responsibility, respect human dignity, and value the differences among people. Counseling services will be given in a supportive and accepting environment for students of all belief systems and identities. The children are very attentive and grasp a lot from these session.

WINTER CARE & DENGUE SYMPTOMS

Winter season can be dangerous and this time it got really cold in Nagpur. So keeping our children safe was our priority and therefore we had a session on winter care and also distributed caps, socks and sweaters to our children. They cannot afford body lotions so we gave them an option of oil for healthy skin. To dress in layers and to stay warm. To cover as much exposed skin as possible. We also did a session on Dengue awareness with our children and their parents.



TIME MANAGEMENT

Time Management is the process of organizing and planning how to divide your time between specific activities. Good time management enables you to work smarter not harder so that you get more done in less time, even when time is tight and pressures are high. Failing to manage your time damages your effectiveness and causes stress. This makes our children aware of how precious time is and how they should not waste it. It included managing their time for studies, play, school and their daily activities. We also activity on time management so that the children understand better. We hope children will make their own time table according to their daily schedule.



That's all for now ...we will be back next month with all that is happening at SunShine Foundation. Meanwhile I also would like to bring to your kind notice that we are in urgent need of volunteers who will help our children in their overall growth. So please do recommend or identify volunteers who are willing to spend at least an hour during the weekends sharing their expertise with our children.

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Best Wishes and Regards

SunShine Foundation